Prep: 15 minutes  
Cook: 10 minutes plus 3 to 4 hours or 7 to 8 hours

Ingredients

One 3-lb. raw boneless chuck beef roast (trimmed of excess fat)
1 tsp. each salt and black pepper
One 14-oz. can fat-free beef broth
4 cups carrots cut into 1/2-inch coins
3 cups roughly chopped onion
2 cups sliced mushrooms
1 cup celery cut into 1/2-inch pieces
2 tbsp. tomato paste
1 tbsp. Worcestershire sauce
2 sprigs fresh thyme
1 tsp. chopped garlic
2 tbsp. cornstarch

Directions

Bring a large skillet sprayed with nonstick spray to high heat. Season roast with 1/4 tsp. each salt and pepper. Cook and rotate until all sides are browned, about 5 minutes. Place in a slow cooker.

Add all remaining ingredients except cornstarch to the slow cooker, including the remaining 3/4 tsp. each salt and black pepper. Gently stir.

Cook on high for 3 - 4 hours or on low for 7 - 8 hours, until roast is cooked through.

Turn off slow cooker. In a small bowl, dissolve cornstarch in 2 tbsp. cold water. Stir into the liquid in the slow cooker. Let sit, uncovered, until slightly thickened, about 5 minutes.

Remove and discard thyme sprigs. Slice meat and serve topped with veggies and sauce!

MAKES 12 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values. We add up the SmartPoints® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The SmartPoints® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the SmartPoints® trademark. 

Publish Date: June 9, 2014  
Author: Hungry Girl  
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